

News

School Nurse and School Health Services

Iowa Department of Education

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Contents

Iowa Department of Education Website Address
Concussion-Brain Injury Legislation
School Nursing Scope and Standards of Practice
Fight the Flu Now
Flood-Related Disease Precautions
Homeless
Specialized Instructional Student Support Services

Unintended Consequences
Confidentiality
Improving School Nutrition Standards
Lead Reporting Requirements
Iowa Immunization Requirements
Calendar
Resources



Iowa Department of Education Website

The new Department of Education web address is <http://educateiowa.gov>. Locate information in the A-Z index (upper middle box). Note links to the July Education Summit and other school health information.

School Nurse http://educateiowa.gov/index.php?option=com_content&view=article&id=1729&Itemid=2527

School Health http://educateiowa.gov/index.php?option=com_content&view=article&id=583&Itemid=2526

Health Education http://educateiowa.gov/index.php?option=com_content&view=article&id=1640&Itemid=2451

Protection of Students from Concussions and other Brain Injuries

Key provisions of the new Iowa 'Brain Injury' law, effective fall 2011, include:

- Annually, every student (grades 7-12) and their parent/guardian must receive, sign, and return a concussion and brain injury information sheet signatures before student may participate in interscholastic sports, cheerleading, and dance in any way (*practice or competition*).
- Students must be immediately removed from participation (*practice or competition*) in an extracurricular interscholastic sport, cheerleading, dance if coach or official observes signs, symptoms, or behaviors consistent with concussion or brain injury.
- The student, to return to participation (*practice or competition*), provides the school with a signed evaluation/clearance to return by a licensed health care provider trained in the evaluation and management of concussions and other brain injuries.

The Iowa High School Athletic Association (IHSAA) and Iowa Girls High School Athletic Union (IGHSAU) developed guides and forms located on their websites including signature sheet, "*Heads Up: Concussion in High School Sports*." Use this form beginning fall 2011 for interscholastic sports, cheerleading, and dance. Students cannot *practice or compete* until this form is signed and returned to school. The parents/guardians keep the concussion and brain injury information sheet for reference and return the sheet signature portion to school. The acknowledgement of receipt statement may be included as part of the general forms parents and students sign.

The IHSAA and IGHSAU *Concussion Management Protocol* complies with the legislation. The 'Return to Participation Protocol Following a Concussion' is required to be on file at school signed by a "licensed health care provider" (a physician, physician assistant, chiropractor, advanced registered nurse practitioner, nurse, physical therapist, or athletic trainer licensed by a board) for the student to return to practice or competition..

- Law http://www.iahsaa.org/Sports_Medicine_Wellness/Concussions/Iowa_Code_280_13C.pdf
- IHSAA forms and information <http://www.iahsaa.org/>
- http://www.iahsaa.org/Sports_Medicine_Wellness/Concussions/concussions.html
- http://www.iahsaa.org/Sports_Medicine_Wellness/Concussions/Concussion_Management_Protocol_2011.pdf
- Fact Sheet for School Nurses http://www.iahsaa.org/Sports_Medicine_Wellness/Concussions/concussions.html
- IGHSAU <http://www.ighsau.org/>

The IHSAA and IGHSAU websites link to a free, 20-minute concussion course. Mick Koester MD hosts the recommended course for school administrators, coaches, and sports officials.

<http://www.nfhsllearn.com/electiveDetail.aspx?courseID=15000>. School superintendents, senior and junior high principals, and athletic directors received this information by email June 21. Contact: Alan Beste, Assistant Executive Director, IHSAA, PO Box 10, Boone, IA 50036-0010, phone 515-432-2011, email abeste@iahsaa.org

School Nursing Scope and Standards of Practice 2nd Edition: The National Association of School Nurses and the American Nurses Association have published the guide to contemporary school nursing, *School Nursing: Scope and Standards of Practice*, 2nd Edition. The standards and competencies describe and measure the expected school nursing practice and professional performance. The standards are statements of the duties school nurses should competently perform and define how outcomes for school nurse activities can be measured. American Nurses Association and National Association of School Nurses. (2011). *School Nursing: Scope and Standards of Practice, 2nd Edition*. Silver Spring, MD: nursesbooks.org and nasn.org. Available to purchase. Please consider forming a local group to study the *Scope and Standards* and apply them in your practice and job description.

Fight the Flu Now: Because the **FLU** is a serious contagious disease that can lead to hospitalization and even death, CDC says “**Take 3**” Actions to Fight the Flu to protect yourself and others from influenza.

1. Take time to get a flu vaccine.

- CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.
- There are many different flu viruses, flu vaccine protects against three viruses research suggests will be most common.
- The 2011-2012 vaccine will protect against an influenza A H3N2 virus, an influenza B virus and the H1N1 virus.
- Everyone 6 months of age and older should get a flu vaccine as soon as the 2011-2012 vaccines are available.
- Vaccination of high risk persons is important to decrease the risk of severe flu including young children, pregnant women, people with chronic health conditions (asthma, diabetes or heart and lung disease), and people 65 years and older.
- Vaccination is important for health workers and other people who live with or care for high risk people to keep from spreading flu to high risk people. Children younger than 6 months are at high risk of serious flu illness, since they are too young to be vaccinated, people who care for them should be vaccinated instead.

2. Take everyday preventive actions to stop the spread of germs.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, CDC recommends you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities (Your fever should be gone without the use of a fever-reducing medicine).
- While sick, limit contact with others as much as possible to keep from infecting them.

3. Take flu antiviral drugs if your doctor prescribes them.

Influenza Vaccine Fact Sheets: What You Need to Know, 2011-2012, Inactivated Vaccine and Live Intranasal Vaccine

<http://www.cdc.gov/vaccines/pubs/vis/default.htm#flu>

CDC flu <http://www.cdc.gov/flu/about/season/>, Good Health Habits for Preventing Seasonal Flu <http://www.cdc.gov/flu/protect/habits/>, <http://www.cdc.gov/flu/protect/preventing.htm> and IDPH flu <http://www.idph.state.ia.us/adper/flu.asp>

Flood Response Continues: IDPH is working with other state departments and local agencies in preparation and response to flooding especially in western Iowa. Learn what precautions you can take in the flooding and what health concerns you should be aware of during flood response and recovery. More information on Heat Watch Protections, Healthy Habits in Stressful Times, Flooding/Emotions, Avoid Flood Waters/Heat Exhaustion, and flood-related links <http://www.idph.state.ia.us/EmergencyResponse/Flooding.aspx>

Homeless: This fall you may have homeless students as a result of flooding. Your district designated homeless liaison is responsible for the homeless and is an important partner and information source. The Federal Homeless McKinney Vento Act requires homeless children and youth receive a free appropriate public education and the school remove barriers to enrollment, attendance, and success of homeless students. The law requires providing education and services for homeless students be a high priority at the school (school a student attended when first homeless). This provision provides students some stability when other factors are in flux.

School responsibilities include collaborating with other agencies and organizations to improve comprehensive services to families, children, and youth in homeless situations, accessing available federal funds, reporting the number of homeless children and youth, and reporting the number of students served by the McKinney Homeless Assistance Act.

The Iowa Department of Education homeless website contains resources; Local Homeless Education Liaison Toolkit, Title X Part C information, Federal law, guidance, Iowa law, National Center for Homeless Education, and more

http://educateiowa.gov/index.php?option=com_content&task=view&id=422&Itemid=654

Specialized Instructional Student Support Services Collaboration for Student Success

The interacting student factors of health, social behaviors, school connectedness, and student achievement link health and learning. For academic success, students need to be ready to learn, willing and able, and present and participating. Measuring indicators and providing data on the school nurse's impact in these areas is emerging as needed data. Defining the group of students the school nurse influences (cohort) is an area to define. Your ideas and participation to further define the data measures is requested. Please contact charlotte.burt@iowa.gov. Source, Ruth Ellen Luehr, PHN, Licensed School Nurse, FNASN, Education Specialist, Health Services, Homeless Education, Minnesota Department of Education, NASN conference presentation July 2011.

Unintended Consequences: Prescription Drug Abuse in our Schools and Communities

August 2010 a survey by the National Center on Addiction and Substance Abuse found a 19% increase since 2007 of the number of teens that know friends or classmates who abuse prescription drugs. In a 2009 SAMHSA study, pain relievers, not prescribed for the individual taking the drug, were the most common drug used among 12-20 year olds. Important strategies to reduce the harms from prescription drug abuse include recognizing student prescription drug abuse, managing drug abuse when recognized, educating students, parents, school staff, and the community about the dangers of prescription drug abuse and using resources currently available. Smart Moves and Smart Choices materials <http://www.smartmovesmartchoices.org>

Iowa Confidentiality Laws: Acquired Immune Deficiency Syndrome (AIDS) and Human Immunodeficiency Virus (HIV) information is strictly confidential. Information is not released except with written permission (Iowa Code 141A.9). Schools generally will not have AIDS/HIV diagnoses and educate all staff yearly on standard precautions for continual use to prevent potential school exposures.

Mental health information disclosure is prohibited. Unauthorized disclosure and release is unlawful and civil damages and criminal penalties may be applicable without written authorization to release the information except in an emergency (Iowa Code 228.2).

Improving Nutrition Standards in the National School Lunch and School Breakfast Programs:

Improving our children's health by providing nutritious school meals is a top priority in the USDA proposed rules based on the latest science. The proposed rules would increase availability of fruits, vegetables, whole grains, fat-free and low-fat fluid milk; reduce the levels of sodium, and reduce saturated fat in school meals. Implementation of this proposed rule would result in more nutritious school meals and help improve the nutrition and health of children across the country <http://www.fns.usda.gov/cnd/>

MyPlate is part of a larger initiative based on *2010 Dietary Guidelines for Americans* to help consumers make better food choices. It is designed to remind Americans to eat healthfully and illustrates the five food groups using a familiar mealtime visual, a place setting. For more information visit www.ChooseMyPlate.gov

Iowa School Food Program information http://educateiowa.gov/index.php?option=com_content&task=view&id=369&Itemid=435
Nutrition Programs http://educateiowa.gov/index.php?option=com_content&view=article&id=1235&Itemid=2945

Lead: The Iowa Department of Public Health is revising the process and form to submit the names of kindergarten students. The lead test results are not required. The lead test level results are not required and Public Health requests you do not request parents submit the test results. You will be notified when the form and instructions are available. The spreadsheet will not need to be submitted until you are notified. Submit questions to Rita Gergely, IDPH, rita.gergely@idph.iowa.gov

Iowa Immunization Requirements: Iowa Code 139A.8 and 641 Iowa Administrative Code (IAC) 7.7 requires a valid Iowa Department of Public Health (IDPH) Certificate of Immunization of persons enrolling or attempting to enroll in a licensed child-care center, a public or nonpublic elementary, or secondary school. Exemptions/extensions are permitted on an individual basis for medical (health provider signed medical exemption with expiration date), religious (notarized statement immunization conflicts with tenets of a religion of which the child is a member-except in times of emergency or epidemic), provisional enrollment-up to 60 days if immunization has begun and is proceeding as rapidly as medically possible, or student is a transfer student on a provisional enrollment certificate until the records are transferred. Those failing to comply are excluded from the total school program <http://www.idph.state.ia.us/adper/immunization.asp>. Applicants not presenting proper immunization evidence, or exemption, are not entitled to enroll. It is the duty of the admitting official to ensure a valid immunization certificate is on file for each child enrolled and deny enrollment to any applicant who does not submit proper immunization evidence (641 IAC 7.10). Competent private instruction requires valid evidence of immunization when placing child in competent private instruction for the first time [281 IAC 31.2(1)a(7)]. **The School Nurse's responsibility includes requiring a valid immunization certificate prior to school entry. The School Nurse assists in carrying out the law by helping the student immediately access the needed immunization(s) as appropriate. Assistance may also include reminding the admitting official about the law and school responsibilities to not allow a student to attend school until the requirement is met.**

Calendar

October 12-15 ASHA Conference, Louisville, Kentucky, <http://www.ashaweb.org>

October 13-14 University of Iowa School Nurse Conference, West Des Moines

Resources

Allergies: The Food Allergy & Anaphylaxis Network (FAAN) <http://www.foodallergy.org> includes tools for school professionals and allergy action plan. FAAN's *School Food Allergy Program* is a manual that includes more than 100 pages of information and standardized forms. Elementary, middle, and high schools across the country have used this resource to keep their students with food allergies safe. Price \$80.00, Product ID; SCHL <https://www.foodallergy.org/members/msascart-ProductInfo?productcd=SFAP>
Manual recommended for use in Iowa schools.

Delegation: Joint Statement on Delegation-American Nurses Association and National Council of State Boards of Nursing <https://www.ncsbn.org/1056.htm>

Documentation: American Nurses Association (ANA). (2010). *Principles for Nursing Documentation: Guidance for Registered Nurses*. Silver Spring, MD. Clear, accurate, and accessible documentation is an essential element of safe, quality, evidence-based

nursing practice. The nurse is responsible and accountable for documentation. The guide identifies six essential principles to guide nurses: characteristics, education and training, policies and procedures, protection systems, entries, and technologies. American Nurses Association. (2010). *Principles for Nursing Documentation: Guidance for Registered Nurses*. Silver Spring, MD. Available www.Nursesbooks.org, 20 pages, and ANA members download free in the Members Only section of NursingWorld.

Head Lice Prescription: A new prescription pediculicide, Natroba (spinosad topical Suspension, 0.9%), is now available for topical treatment of head lice for ages four years and older. Research found efficacy without nit combing, significantly more effectiveness than permethrin with one application, convenient, and effective treatment for pediculosis capitis (Pediatrics 2009, 124:e389-e395). Natroba treatment is to apply the creme rinse to dry scalp and rinse off with warm water after ten minutes. Repeat treatment if live lice are seen is recommended seven days after the first treatment. Natroba is manufactured by ParaPro and distributed ParaPro or Pernix.

Heat Index: Heat alert procedures are based mainly on Heat Index Values (measure of how hot it really feels with relative humidity factored with the actual air temperature). Heat index chart at National Oceanic and Atmospheric Administration (NOAA), Weather Service, Office of Climate, Water, and weather services <http://www.nws.noaa.gov/om/heat/index.shtml>

Iowans Fit for Life!: Iowans Fit for Life is a joint statewide initiative between the Iowa Department of Public Health and its partners to promote increased opportunities for physical activity and healthy eating for Iowans of all ages. Iowans Fit for Life aims to improve the health of Iowans by reducing the risks and preventing disease related to inactivity and unhealthy eating behaviors. Resources for home, work, community, and school <http://www.idph.state.ia.us/iowansfitforlife/default.asp>

Iowa Medication Administration Course: New short separate units are available including Medication administration of rectal diazepam, glucagon, insulin pumps, insulin injection, gastrostomy, and nebulizer. The special units offer education on activities beyond the basic *Medication Administration in Iowa School* core course. The *Medication Administration in Iowa Schools* is an online education course designed to partially meet laws and assist schools to provide student medication administration safely and effectively. The medication administration course is available to Iowa school employees **to register go to** <http://www.aea11.k12.ia.us>, select professional development, select mandatory courses, **and enter/register your personal password.** The course is for school personnel to whom authorized health practitioners have delegated the administration of medication at school and in school activities. For questions, contact your AEA or Heartland Professional Development, 1-800-255-0405, Ext. 14701.

Iowa Quality Preschool Program Standards (IQPPS): The ten standards and selected criteria are evidence-based practices from the National Association for the Education of Young Children (NAEYC). Program Standard 5: Health-Promotes nutrition and health of all children and protects children and staff from illness and injury. Your preschool program plan specifies how the program meets the expectations. QPPS Implementation Guide, pages III-23, IV-23

http://educateiowa.gov/index.php?option=com_content&task=view&id=681&Itemid=1571

Iowa School Nurse Mailing List: The Iowa School Nurse (iowasn) Mailing List is a communication tool for Iowa School Nurses. The mailing list is the Department of Education link with school nurses allowing the Department and Nurses to communicate via email messages. Iowa School Nurses can use the mailing list to request information, share news and initiatives, and receive news. School nurses joining the iowasn mailing list will add their email address to the online school nurse mailing list and can send messages to all members at any time. Posted messages automatically go to everyone on the list, over 600 school nurses.

To join the mailing list, send a blank email to: Join-iowasn@lists.ed.iowa.gov

To cancel the mailing list, send a blank email to: leave-iowasn@lists.ed.iowa.gov

To send a message to other school nurses on the list, type title in subject, message in the body, and send to: iowasn@lists.ed.iowa.gov

No other commands are necessary and joining is free. *Note: When sending a message please include your school, address, phone number, and a resource you found for your question/comment. The person asking a question summarizes the responses then sends the summary to the list. When you send a message remember there are over 600 individuals on the list. Please do not send personally identifiable confidential information. Send only information you would like to see on the first page of your local newspaper.*

National Library of Medicine: Resources for Nurses <http://www.nlm.nih.gov/medlineplus/> and Classroom Resources for Teachers k12.nlm.nih.gov

Team Nutrition: Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity. Team Nutrition's Goal is to improve children's lifelong eating and physical activity habits by using the principles of the Dietary Guidelines for Americans and MyPlate.

http://educateiowa.gov/index.php?option=com_content&task=view&id=373&Itemid=438 and <http://teamnutrition.usda.gov>

The Iowa School Breakfast Challenge is to increase district participation by 20% May 2012. The Iowa Department of Education and the Midwest Dairy Council are partnering to implement an exciting challenge. Link on DE A-Z index to school breakfast.

Websites: Department of Education (DE) <http://educateiowa.gov>

DE School Nurse http://educateiowa.gov/index.php?option=com_content&view=article&id=1729&Itemid=2527

Department of Public Health (IDPH) <http://www.idph.state.ia.us>

Department of Human Services (DHS) <http://www.dhs.state.ia.us>

Iowa Laws <http://www.legis.iowa.gov>

Please send requests, questions, and comments to Charlotte Burt, School Nurse and Student Health Services Consultant, email charlotte.burt@iowa.gov, phone 515 281 5327.